

HEALTHMATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

OCTOBER 2019

Vol. IX Issue X

"We Know Health Matters",
CHD's show on Citicable,
Time Warner Ch. 23.

Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to share in the newsletter please send information to Marla Fuller at marla.fuller@cincinnati-oh.gov

CHD= Cincinnati Health Department

 Cincinnati Health Department

 @CinciHealthDept

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Healthy habits to prevent the flu

Every fall, millions of people roll up their sleeves for a flu vaccine, hoping to give their immune system an extra boost to prevent influenza. Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infects the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. A vaccination can reduce flu illnesses, doctors' visits, missed work due to flu, as well as prevent flu-related hospitalizations.

Some people, particularly older people, young children, pregnant women and people with certain chronic health conditions like asthma, diabetes, heart and lung disease, are at high risk for serious flu complications. Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

Vaccination of pregnant women not only reduces their risk of illness, but also will also provide some protection for her baby. For people at high risk, getting the flu can mean developing serious flu-related complications or a worsening of existing health conditions. Adults 65 and older, and others at high risk should also receive vaccination to prevent pneumococcal pneumonia.

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. Follow these tips to protect yourself and others from flu and help stop the spread of germs:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.
- Wash your hands often to help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



Need Health Insurance? We can help!

Open Enrollment for 2020 Marketplace coverage is less than 2 months

away! That means it's time to check in with your current health insurance status because it's never too early to get prepared, know the dates, and plan! Whether you're buying for an individual or a family, CHD has everything you need to know about open enrollment 2020.

Make sure you don't miss the deadline by adding these important dates to your calendar:

- **Oct 26, 2019:** 2019 Plans and benefit information is released. Start shopping for health plans today!
- **November 1, 2019: Open Enrollment starts** — first day you can enroll, re-enroll, or change a 2020 insurance plan through the Health Insurance Marketplace. Coverage can start as soon as January 1, 2020.
- **December 15, 2019: Last day to enroll in or change plans** for coverage to start January 1, 2020.

Need coverage outside of open enrollment?

You can still get health coverage if you qualify for a Special Enrollment Period due to a qualifying life event — like getting married, losing other coverage, or having a baby. We can help you find out if you qualify.

We can help you find the plan that's right for you. Just call us at 513.564.2273 (CARE) to schedule an appointment.

Events & Shout Outs!

Open Enrollment is November 1—December 15, 2019. Call 513.564.2273 (CARE) to schedule an appointment.

Tuesday, October 1, from 1:00—4:00 p.m. Children with Medical Handicaps Program 100th Anniversary, Ohio Department of Health

October Is National Breast Cancer Awareness Month and National Depression Awareness Month

Welcome new hires and transfers to CHD

CCPC/Dental

Aleena Akbar - Dentist 9/8/19
Natasha Chatta Dental Assistant 9/22/19
Victoria Raymond - Dental Assistant 9/22/19
Christina Ripley - Dental Assistant 9/8/19
Laureece Robinson - Dental Assistant 9/8/19
Tenita Wilson - Dental Assistant 9/22/19

CCPC/Pharmacy

Shawanda Joy Coley - Pharmacy Technician 9/22/19
Taylor Ellis - Pharmacist 9/22/19
Latrice Howard - Pharmacist 9/22/19
Tegegne Mulugeta - Pharmacy Technician 9/22/2019

CCPC/School and Adolescent Health

Arminda Banks - Public Health Nurse 2 9/22/19
Elizabeth Crable-Means- Public Health Nurse 2 9/8/19
Terri Lanier - Public Health Nurse 2 9/22/19
Robin Welling - Public Health Nurse 2 9/22/19

Retiring October 2019

CHD says farwell to Dr. Camille Jones - Assistant Health Commissioner - Community Health and Environmental Services after 12 Years or exceptional service to the Cincinnati Health Department, the City of Cincinnati, and community at large.



Physician Spotlight

Denise Saker, MD, MPH, FAAP, a native of Columbus, Ohio, decided on becoming a pediatrician in 6th grade. She graduated from the University of Virginia with a Bachelor of Arts degree in 1985. In 1989, she earned her Doctorate of Medicine degree from the University of Cincinnati, and in 2009 she was awarded a Master of Public Health degree in 2009.

She has always thought of practicing in pediatrics as a public health specialty. A Masters' Degree in Public Health and working for the Health Department were a natural fit, since the focus is on disease and injury prevention.

Dr. Saker has worked at some of the best healthcare organizations in the area including the Neighborhood Healthcare, Mid-City Pediatrics, and Cincinnati Children's Hospital Medical Center. She joined CHD in July of 2012 as a Public Health Pediatrician and works at

the Bobbie Sterne Health Center.

She plans to continue CHD's team's efforts to improve immunization rates, promote safe sleep for infants, support families, and meet quality of care goals.

In her free time, Dr. Saker enjoys playing the violin and tin whistle in an Irish rock band. She also enjoys cooking, gardening, and taking long walks. She has four children, ages 14 to 24, to whom she is 1000% proud.

A Message from the Board of Health

Phil Lichtenstein, MD
Board Chair

The first step to treatment is to talk with a healthcare provider such as your primary care provider, or a mental health specialist, about getting an evaluation. Consultation with a health provider can help determine if medication, behavioral or cognitive-behavioral therapy should be part of your treatment.

Depression is a serious medical illness and an important public health issue. It is characterized by persistent sadness and sometimes irritability (particularly in children). When a sad mood lasts for a long time and interferes with normal, everyday functioning, you may be depressed. Depression drains your energy, hope, and drive, making it difficult to take the steps that will help you to feel better. As one of the leading causes of disease or injury worldwide for both men and women, it can cause suffering for depressed individuals and can also have negative effects on their families and the communities in which they live.

When you're depressed, you can't just will yourself to "snap out of it." These tips can help put you on the road to recovery.

- **Exercise.** 20 minutes of moderate activity can have positive effects on your mood for up to 12 hours. Even a 10 minute walk can make a difference. All you have to do is go outside, walk in one direction for five minutes. Then turn around and walk back. It's that easy.
- **Volunteer.** Researchers find that people who volunteer have lower rates of depression, and report higher levels of overall wellbeing
- **Meditate.** Studies show that meditation helps to reduce symptoms of depression and anxiety and increases compassion.
- **Keep a Gratitude Journal.** Researchers at UC Davis found that people who wrote down three things for which they were grateful every day, reported feeling more optimistic and satisfied. They also reported fewer physical symptoms.
- **Eat a healthy diet.** Eating a balanced diet of whole foods may help you avoid the dips in blood sugar that can affect your mood.
- **Avoid refined carbohydrates.** Candy, soda and white flour causes spikes in blood sugar that negatively affect your energy and mood.

CHD says farewell to Dr. Camille Jones

Camille Jones MD, MPH retired from the CHD on September 30, 2019, after serving 12 years as Assistant Health Commissioner and Division Director for the Community Health and Environmental Health Services Division (CHES). Her accomplishments are too many to list here but the impact that she's had on her colleagues and staff, the City of Cincinnati, and CHD stakeholders will never be forgotten. Dr. Jones trusted her staff members, encouraged creativity, embraced and learned from community partners, and served as a role model and educator for staff, students and fellows. Thank you, Dr. Jones for your commitment to excellence, equity, inclusion, health, safety, wellness and leadership. **You will be greatly missed!**

National Lead Poisoning Prevention Week

Did you know children's hands and toys can pick up household dust or exterior soil contaminated by lead? Lead exposure is dangerous during early childhood development, particularly for children who crawl. If you work near lead-based products, you can carry lead dust home on your clothes.

Lead poisoning can lead to a variety of health problems in children since it primarily affects the brain and the central nervous system. Lead poisoning is preventable and a simple blood test can detect lead.

Keep your family safe by learning more about ways to prevent bringing sources of lead exposure into and around your home by following these tips:

- Be sure to move children's outdoor play areas away from bare soil and the sides of your home
- Wet-mop floors and wet-wipe surfaces indoors often to reduce the risk of lead exposure
- Make sure to take off your shoes when entering the house to prevent bringing lead-contaminated soil in from outside

If your child is 6 years old or under, Ohio law requires that he/she must be tested for lead. The Cincinnati Health Department offers free testing of lead levels for children who are 6 years old or younger. Get your child tested for lead today! Call 513.357.7320 for a free lead test.

There is an estimate of 1.1 million people living with HIV in the United States. At the end of 2018, there were a total of 24,130 people who were living with diagnosed HIV in Ohio alone. 56% of those diagnosed with HIV resided in Cuyahoga, Franklin, and Hamilton counties.

The Centers for Disease Control and Prevention (CDC) recommends that everyone between the ages of 13 and 64 get tested at least once in their lifetime. For those who have high risk factors, it is recommended to be tested at least once a year.

According to the CDC, you should get tested once a year if:

- You are a sexually active gay or bisexual man.
- You have had sex with someone who is HIV positive.
- You have had more than one sex partner since your last HIV test.
- You've shared needles, syringes, or other equipment to inject drugs.
- You are pregnant.
- You've exchanged sex for drugs or money.
- You have another sexually transmitted disease, hepatitis, or tuberculosis.
- You've had sex with anyone who has done anything listed above or with someone whose sexual history you don't know.

There are many benefits to getting tested for HIV. Getting tested for HIV is the only way to know if you actually have HIV or not. Testing for HIV regularly and knowing your status is the key to keeping you and your partner(s) healthy. By getting tested, you can help to prevent the spread of HIV.

The early detection of HIV allows for the HIV positive individual to receive the necessary treatment in order to stay healthy. Treatment helps to lower the level of HIV in the blood, which is referred to as the viral load. By staying on effective treatment, a person living with HIV can get their viral load to an undetectable level. Undetectable means that the level of HIV in the blood is so low that it is not infectious. It is scientifically proven that HIV positive individuals can not spread HIV to their negative partner(s) as long as they maintain an undetectable viral load for at least 6 months.

There are many opportunities to get tested for HIV. If you are interested in getting tested for HIV, you can visit the following locations on Sunday, October 13 to receive a **FREE** HIV test. First Ladies for Health will have HIV testing at their 5th Annual Family Health Day. HIV test is **confidential** and held in a **private room**. Nobody will know you are receiving HIV testing. **For testing locations or more information** call 513-352-3250.

Breasts, Boobs, Chest, Bosoms, Jugs, Bazookas — Breast Health is NO Joke...Get Checked!

Black women are most likely to die from breast cancer—and they are being diagnosed more frequently



breast health. Start the conversation with your doctor by asking these important questions:

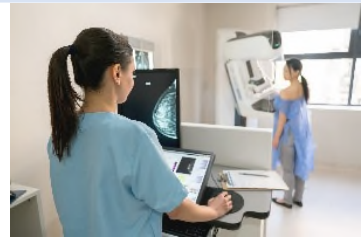
- **Do I need a formal health risk assessment if I have a family history of breast cancer?**
- **When is the appropriate time for breast screening?**
- **How do I perform a self-breast exam?**

Black/African American women have a higher chance of having more aggressive types of breast cancer, called triple negative cancer, that are difficult to treat. Current medications are not as effective for triple negative cancer compared to other types of breast cancer. For these reason, it is very important the Black/African American women stay on top of their breast health and continue to have yearly screening mammograms after the age 40. In addition, it is important to talk to your primary care physician regarding risk factors that may predispose you to breast cancer by your 30th birthday. Identifying your risk for breast cancer is very important for your



October Is National Breast Cancer Awareness Month

This October, the Cincinnati Health Department is proud to participate in National Breast Cancer Awareness Month. Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.



While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same. The good news is that many women can survive breast cancer if it's found and treated early. Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.
- Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them. Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

Breast Health is NO Joke...Get Checked *continued from page 4*

You have an opportunity to get a mammogram. If you are interested in getting tested, you can visit the following locations on Sunday, October 13th to receive a **FREE mammogram if you are uninsured or fall under 250% poverty level**. Private insurance will cover your mammogram. First Ladies for Health will have mammography units for mammograms at their 5th Annual Family Health Day. **Location for this year are:**

Location	Address	Time of Screenings
College Hill Recreation Center	5545 Belmont Avenue	1:00 -4:00 pm
Mother of Christ Catholic Church	5301 Winneste Avenue	1:30-4:00 pm
New Jerusalem Baptist Church	26 W. North Bend Road	10:00-3:00 pm
YMCA	1105 Elm Street	1:00 - 4:00 pm

Please contact **513.352.3250** or visit www.familyhealthday.org if you have any questions about any of these location sites.

Halloween safety tips

Autumn is upon us and Halloween is quickly approaching! Keep these tips in mind for a fantastic Halloween:

Tips Trick or Treaters

- Costume accessories, including swords and knives should be short, soft and flexible
- Always trick-or-treat in groups or with a trusted adult
- Examine treats for choking hazards and tampering
- Limit the number of treats you eat
- Only visit well-lit houses
- Wear reflective tape and carry flashlights to help cars see you
- Stay on sidewalks
- Look both ways before crossing the street and
- Always remember to walk, not run

Tips for Drivers

- Avoid using handheld electronic devices.
- Remember that as soon as you step out of your car, you become a pedestrian.
- If you see a drunk driver or impaired pedestrian on the road, contact local law enforcement.
- Be especially alert for all road users, including pedestrians, at night.
- Slow down in areas where pedestrians are likely to be or where sight distances are limited. Keep your windshield clean

CHD Honors Matt Merritt, October Employee of the Month



It is with great enthusiasm that I announce Matthew Merritt as the October Employee of the Month. As a Sanitarian-in-Training in the Food Safety program, Matt performs inspections in all food facilities within his assigned area. His inspections are thorough, the reports are concise and accurate, and his follow-up work is exemplary. Matt's education-first approach emphasizes the business operators' duties in proper facility operation, with Health providing further education (or enforcement) as needed. Despite being a relative new-comer, Matt has shown an excellent grasp of the regulations and has participated in trouble-shooting problems with the inspection application software.

One particular effort on Matt's part stands out. All sanitarians-in-training must pass a rigorous examination within five years of initial hire to become Registered Sanitarians. The examination is provided by the National Environmental Health Association (NEHA) and is the de-facto standard in determining suitability of sanitarian candidates.

Within his first year, Matt took this examination and received a passing score from NEHA...but there was a complication. Ohio's regulations contain an outdated clause specifying a 70% grade as being passing for the registration exam. Since the NEHA examination is a weighted-numerical score derived by a complex algorithm, there is literally no percentage equivalence for a 70% grade. Anecdotal information led the state regulators to believe otherwise.

Deeming NEHA's passing score of 650 to be less than 70%, the regulators arbitrarily selected 657 as being representative of a passing score. This figure appeared nowhere in regulation, nor was any advisory issued as to what constituted a passing score for the examination. The only written notification of the expected passing score from the state was received in a letter advising individual candidates of their test results...not a public forum.

After Matt received the congratulatory letter from NEHA for his passing score of 653, he was shocked by a letter from the state of Ohio advising that he had not passed the test. His discussions with NEHA and the state led Matt to discover the scoring disconnect in Ohio's regulations. Determined to see things put to right, he spearheaded the effort to get the regulations changed, not just for himself, but for everyone affected. There were two other City employees in the same predicament and several others throughout the state.

Ultimately, Matt proved successful. In a few short months, he researched the problem, determined a proper course to achieve a fair outcome, and continually followed-up to ensure the desired result. The state of Ohio has crafted regulations accepting the NEHA passing score of 650 as Ohio's passing score, with results retroactive to a certain date to permit acceptance of a number of otherwise-disappointed candidates.

Throughout all of this, Matt maintained the professional behavior and polite insistence for fairness that is his hallmark. Matt's excellent first year and exceptional achievement in behalf of Ohio's budding sanitarians is in part why he was selected the "Employee of the Month". But if you ask Environmental Health Leadership members Dr. Camille Jones, Mr. Antonio Young or his colleague Senior Sanitarian Neill Cade they all would agree that Matt should be selected as Employee of the Year!

Congratulations Matt Merritt for a job well done!



Do you follow CHD on social media?

If not, be sure to like and follow:



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